



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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AOL 04 Altensteiner Oberland

□□□: 12:42:19

□□: 175

□□: 13.46 km/h

□□□□: 4:27 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 16 (of 223)

□□□□□□: 9:57:53

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□□□□□: 11(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:12:26	4:12	26	13:13	30	13:13	17.20	1:12:26	4:12	11	13:13	21	13:13
Schildwiese	20.10	1:18:14	3:53	9	11:26	14	11:26	37.30	2:30:40	4:02	11	24:39	21	24:39
Neuhaus/ Gewerl	15.50	1:20:13	5:10	46	23:54	55	23:54	52.80	3:50:53	4:22	11	48:33	21	48:33
Masserberg	19.80	1:18:52	3:58	26	15:40	33	15:40	72.60	5:09:45	4:15	11	1:02:47	21	1:02:47
Allzunah	16.80	1:28:17	5:15	61	24:45	73	24:45	89.40	6:38:02	4:27	11	1:25:38	21	1:25:38
Grenzdler	19.80	1:28:03	4:26	19	16:13	27	17:01	109.20	8:06:05	4:27	11	1:41:51	21	1:41:51
Neue Ausspanne	13.80	58:43	4:15	18	11:27	18	11:27	123.00	9:04:48	4:25	11	1:53:18	21	1:53:18
Kleiner Inselsber	13.90	1:07:12	4:50	34	18:16	41	18:16	136.90	10:12:00	4:28	11	2:11:34	21	2:11:34
Hohe Sonne	19.70	1:29:46	4:33	43	20:38	55	20:38	156.60	11:41:46	4:28	11	2:32:12	21	2:32:12
Hirschel	14.70	1:00:33	4:07	10	12:14	10	12:14	171.30	12:42:19	4:27	11	2:44:26	16	2:44:26